MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 2, 2018/2019

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All sections / Groups)

15 MARCH 2019
9.00 A.M. – 11.00 A.M.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **TWO pages**.
2. Answer **ALL** questions.
3. Write your answers in the Answer Booklet.

STRUCTURED QUESTIONS [100 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the Answer Booklet.

Question 1

Spouses, co-workers and acquaintances can all have healthy relationships with one another. Each of these relationships should include the following:

a) State **FIVE (5)** of the definitions of social health.

(10 marks)

b) Explain the importance of the above **FIVE (5)** answer.

(10 marks)

Question 2

Chickering and Reisser (1993) has identified 7 major developmental tasks/vectors that students address throughout their college years in the process of developing their identity in improving intellectual, physical and interpersonal competences.

a) State any of the **FIVE (5)** vectors that students address throughout their college years.

(10 marks)

b) Explain **FIVE (5)** criteria in establishing their identity.

(10 marks)

Question 3

Knowing our own emotions is crucial because without this knowledge, we cannot make intelligent choices such as whom to marry, which jobs to take, which car and house to buy, and so forth. Daniel Goleman (1995) suggests that emotional intelligence consists of five major parts.

a) State the **FIVE (5)** major parts of emotional intelligence.

(10 marks)

b) Explain the **FIVE (5)** major parts of emotional intelligence.

(10 marks)

Continued...

Question 4

Stress is everywhere in college. The key for you is first identifying it, owning it, and remembering that not all stress is bad.

a) Explain **FIVE (5)** ways to reduce stress physically.

(10 marks)

b) Explain **FIVE (5)** ways to reduce stress mentally

(10 marks)

Question 5

The social sharing of emotion theory (Rimé, Mesquita, Philippot, & Boca, 1991) proposes sharing one's emotions is a natural and advantageous way of recovering from emotional events. The authors argue that after an emotional event, individuals purposively seek interpersonal contact to discuss the event and their emotional response to it.

a) Explain **FIVE (5)** ways to improve emotional and social health.

(10 marks)

b) Emotion self-regulation describes the mental and behavioural processes by which people influence their own feelings.

Explain **TEN (10)** ways of positive emotional self-regulation strategies.

(10 marks)

End of Paper